

The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

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By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

ONCE UPON A GENERATION...

Please join us for a peek into the young lives of our *sensational seniors!* The performance is the culmination of a twelve week intergenerational program, connecting our local Lakeville and Freetown seniors with experienced storytelling students from the George R. Austin Intermediate School and Freetown/Lakeville Middle School.

Travel in your imaginations with a young man as he explores the 1964 New York World's Fair, make your way through the farm fields of New Hampshire and experience how a boy learns to milk the herd of family cows, hear how a young child discovered her life-long passion in the 1930's, walk in the shoes of two young boys who crossed the racial divide in the 1940's, take a glimpse into the life of a teenage girl in the 1950's who won a prestigious award, and so much more. These stories are beautiful glimpses into the past of lives changed, transformed and enriched by their experiences.

These stories will be performed, not read. We guarantee you will be delighted! There will be two performances at the following locations:

Location: Freetown Historical Society

1 Slab Bridge Road, Freetown

Date: Wednesday, June 5, 2019

Time: 6:30 PM

Location: Lakeville Library

4 Precinct Street, Lakeville

Date: Thursday, June 13, 2019

Time: 6:30 PM

Admission is FREE and handicapped access is available at both locations. ALL ARE WELCOME!

Questions? Please call Karen Chace at (508) 763-8565 or Andrea Lovett at 781-267-9979.

This program is supported in part by a grant from the Freetown Cultural Council, an agency which is supported by the Massachusetts Cultural Council, a state agency.



Submitted by Karen Chace

Meat Bingo Game

Wednesday, June 19th, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, June 14th**, win a Bingo; you can choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Freetown Senior Birthday Party

On **Thursday, June 13th**, at 12:00 PM, we will have our Birthday Party for seniors of Freetown. Lunch is **Meatloaf**, by Cyd's Creative Kitchen. **RSVP and \$6.00 due by Thursday, June 6th**

VETERANS AGENT

Bob Klevecka, our Veterans Agent will be at the Senior Center on Wednesday June 12th from 10:30 AM to 12:30 PM. He will be available to answer any questions about veterans' issues, or if you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM. **Stop in and say hi!**

Ice Cream Social

Mondays, 1:00 PM

Come by this summer for a nice cool, refreshing ice cream dish!



Luncheon

Tuesday, June 25th at 12:00 PM

RSVP and \$4.00 due by **June 18th**

Chicken, pasta salad and corn on the cob

SEATING IS LIMITED!

Cyd's Lunch: Tuesdays at 11:30 AM, \$7.00 PP

June 11-Apricot Chicken, RSVP June 4th

June 18-Lasagna, RSVP June 11th

SHINE Counselor

Serving the **H**ea**I**th **I**n**S**urance **N**eeds of **E**veryone
Our SHINE Volunteer, Dick Kelley, will be here
sometime in June. Please call the COA for an
appointment.

Senator and Representatives

Representative Carole Fiola will be here Monday,
June 3rd, from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday,
June 3, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday,
June 26th, from 9:30 AM to 11:30 AM

POOL TABLE

Mondays, 9:00 AM

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,

Bring your own supplies. Please call the
Senior Center if you would like to attend.

Card Games-Pitch

NO PITCH Monday, June 10th

Mondays, 1:00 to 3:00 and **Wednesday, June 12th**

BINGO

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo
requires that you be at least 60 years old to play.

Painting Class

Upstairs at the center on June 5th and 26th

Painting...Drawing...Mixed Media...Art Classes

Wednesdays, 9:00 AM to 11:30 AM

Artists of all abilities and interests are welcome!

Come and give it a try...it's never too late to learn
some new tricks!

Submitted by Betty Ashley

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW

Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, June 13th, at
Dartmouth Council on Aging, 628 Dartmouth St,
Dartmouth. Please call Miles Molnan at 508-997-0907
for reservations and any questions. Please join us!

Blood Pressure

Wednesday, June 26th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

See you in September!

Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM,

30 minute class, \$3.00 donation requested

Get strong with certified group Fitness Instructor, Ellie
Higgins. Work all muscles-upper and lower body-using
Dyna-Bands. Ellie will provide the bands. Includes
balance and body weight exercise. Some seated some
standing, for weight bearing-important, for bone
strength.

YOGA

Fridays, 10:00 AM, using a mat

Your first class is free. Classes are a \$5.00 suggested
donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here **Thursday, June 13th at
10:00 AM and Monday, June 24th at 9:30 AM**. You
must call Dr. Markowitz to make an appointment at **1-
401-455-3554**.

"Brown Bag" Program

Wednesday, June 26th

From 10:30 AM to 12:00 PM

At the front of the building

"**Brown Bag**" distribution will be held at the
Freetown Council on Aging. You must be 60 years of
age or older. Recipients must be low income, as
measured by participation in (or eligibility for) at
least one other program in which proof of income has
been demonstrated. This includes elders who are
eligible for SSI, Medicaid, Fuel Assistance and Food
Stamps, OR your gross household income is at or
below the guidelines listed.

1 person	\$1,872 per month
2 people	\$2,538 per month
3 people	\$3,204 per month
4 people	\$3,870 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it
up. If not picked up by Thursday, we will donate it.

****GOLD**SILVER**PLATINUM****

Marc Folco will not be at the senior center in June. If
you have any jewelry, coins, etc., you would like for
him to see, please call the COA and we will contact
him. A portion of the proceeds will be donated to the
senior center. Please call the COA for further
information.

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48-hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call Lori at Lakeville COA-508-947-7224. We also have flyers at the Freetown COA

June 20, 2019, Thursday, Lunch at The Fig Tree & USS Albacore Research Submarine Tour-\$85/PP

July 11, 2019, Thursday, Whalewatch-\$84/PP

July 28-30, 2019, Sunday-Tuesday, Beautiful Vermont-\$499/PP Single, \$389/PP Double

August 20, 2019, Tuesday, Newport Playhouse "Lobster Fest" \$99/PP



National Fruit and Vegetable Month

USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



National Dairy Month

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

PRESORT STD.
US POSTAGE
PAID
PERMIT #PI 112
ROCHESTER, MA 02770

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Director's Note

We would like to thank the many volunteers that help us throughout the year. We have a total of 68 that help us, some daily, weekly and monthly. We could not do what we do without the help from them and the Town. We truly appreciate all the time they give us to help others. Thank you!!!!



SPAGHETTI DINNER

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all-you-can-eat-pasta meal on Thursday, June 13th, from 5:00 PM to 7:00 PM. \$7.00 PP. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

Country Travelers Trips in 2019

August 13, 2019, Tuesday-Song, DANCE and Romance Aqua Turf Club, Plantsville, CT-Salad, Pasta, Chicken/Roast Pork Loin, Vegetable, Potato, Dessert, \$62/PP

October 9, 2019, Wednesday-Hart's Turkey Farm/orchard visit, Meredith, NH, \$65/PP

October 12, 2019, Saturday-New York City, \$65/PP

All trips are based on a minimum of 40 people reserving no later than eight weeks prior to trip. Deposit of \$100 to accompany reservation, unless cost of trip is less than, then half of cost is expected as a deposit. Some trips are planned in conjunction with other companies and they have stricter requirements which I must adhere to. All prices include drivers' gratuity.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889 Schedule subject to changes and modifications

Submitted by Judy Emond